

Waldorf Salad

Makes: 6 servings

Ingredients

- 1/4 cup** walnuts (chopped)
- 2** apple (cored and diced)
- 1 cup** celery (diced)
- 1/2 cup** raisins
- 1/4 cup** plain yogurt (non-fat)
- 1/2 teaspoon** sugar
- 1 teaspoon** lemon juice

Directions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Notes

Serve this dish with a whole wheat roll for a hearty meal.

Source: Oregon State University Cooperative Extension Service, Healthy Recipes

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available